

The Wantage Times

March 4, 2022

Please visit us on facebook @
<https://www.facebook.com/swregional/>

Principal's Message

I hope this Newsletter finds everyone well and in good health.

In accordance with updated New Jersey Department of Health (NJDOH) recommendations, quarantine time frames have been reduced from ten days down to five days.

Individuals who need to quarantine are able to return on day six if they do not have symptoms of illness. If you have already been placed into a ten day quarantine, you can now return on day six if you do not have symptoms of illness. If symptoms persist (fever or if other symptoms have not resolved), continue to isolate until fever-free for 24 hours and other symptoms have resolved.

Please also be aware that beginning March 7, 2022, masks will be optional for students, staff, and visitors at the Sussex-Wantage Regional School District. Please be advised, masks will now also be optional on buses beginning March 7th.

Please don't hesitate to reach out to me with any questions or concerns.

Sincerely,

Christopher Gregory
Principal



*To the following
students for being
selected as our January
& February SW-5
winners!!*

*3rd grade: Nick DeMarzo
Kaylee Stormes*

*4th grade: Evan Nisbeth
Caylee Kessler*

*5th grade: Nick Argyros
Max Bloomer*

CAUTION

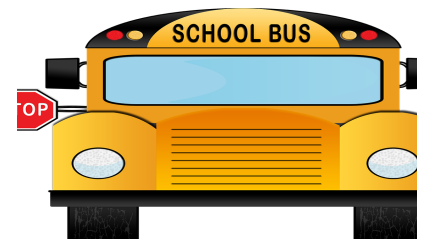
Drop Off & Pick Up

Please be advised that drop off is in the rear of the building and occurs between 8:15 a.m. and 8:45 am. Please exercise caution when dropping off your children. We respectfully request that children exit the vehicle on the passenger side closest to the building for safety.

For pick up, parents and guardians should park on the lower lot or near the playground. Pick up is located in the cafeteria and begins at 3:20 pm. Please have identification available when you pick up your child.

The parking area for pick up will be closed until 3:10 pm. We respectfully request that you do not arrive before then. We appreciate everyone's support with our procedures to ensure the safety of all of our students.

Note: Please wait for the school bus to come to a complete stop with the red lights flashing prior to letting your children approach the bus.



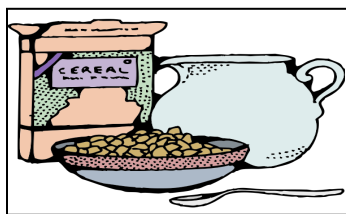
Dates to Remember

- 3/9- Early Dismissal (Staff PD day)
- 3/13- Daylight Savings Time begins
- 3/24- BOE meeting SMS @ 7 pm
- 3/30- 3rd Marking Period ends
- 4/14- Early Dismissal (Staff PD day)



Sussex County Library System
<https://sussexcountylibrary.org/get-library-card/>

Free Breakfast (8:10-8:45 AM) & Lunch available to all students.



*Effective February 23rd, all students will be eating lunch in the cafeteria during their assigned lunch period.

caregiver support squad

About Debbie

Debbie is a Certified Caregiving Facilitator and has been a family caregiver for 40 years, to a parent, spouse and son while running a full-time business. She suffered from caregiver burnout and transformed her own life by learning to prioritize herself while still being a loving, effective caregiver. She is now sharing her 8-year transformation journey with other family caregivers. Debbie's goal is to help them prioritize self-care so they can be more of who they are as well as a caregiver.

Suggested Talking Points:

- Dangers of caregiver burnout
- Self-care is not selfish
- Different types of self-care
- Combatting the idea that there is not enough time for self-care
- Integrating self-care regardless of your unique situation
- Where do I even start?

Caregiver Support Squad Information

@caregiver.support.squad debbie@caregiversupportsquad.com
Caregiver Self-Care Squad Group 908-892-0508
www.caregiversupportsquad.com

Debbie Weiss
 From the
Care Giver Support Squad

will be speaking about the

IMPORTANCE OF CAREGIVER SELF CARE

March 9, 2022 at 6:45
 Sponsored by the
 Sussex Wantage Regional
 School District &
 High Point Regional High
 School
 SEPAG Committee's

Her presentation will take
 place in the
**High Point Regional
 High School**

HIGH POINT SOFTBALL YOUTH CLINIC 2022

2 SESSIONS IN MARCH FOR AGES 10 & UP
 MARCH 22nd - 5PM TO 7PM
 MARCH 24th - 5PM TO 7PM
 LOCATION:
 HPRHS EAST GYM

\$25

\$25

The High Point Regional High School Softball Team will be holding a two day youth clinic. The goal of the clinic is to help young prospects improve their skills and get ready for the spring season. 100% of the proceeds from the clinic go towards the High Point Softball program.

<p>Batting Cages Hitting Stations Fielding and Throwing Base running</p>	<p>Coaching Staff James Seck John Gardner HP Softball Players</p>
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Name of Registrant: _____ Phone: _____
 Address: _____
 Emergency Contact: _____ Contact Phone #: _____
 Grade: _____ Age: _____

I hereby acknowledge that my child is physically capable of participation in camp activities and approve of her attendance in the camp. I authorize the directors to act for me according to their best judgment in any emergency requiring medical attention for which I shall pay. (If there is a medical situation that the clinic directors should be aware of, please use the back of this return slip to describe the situation)

Please make all checks payable to: High Point Regional High School Softball
 You may bring this form on the date of the clinic or mail to:
 299 Pigeon Hill Rd, Sussex, NJ 07461

If you have any questions or concerns please email Coach Seck at:
jseck@hpregional.org

2 Sessions ages 10 & Up
March 22nd & 24th (5-7 pm)
Please email Coach Seck
@ jseck@hpregional.org

Please ensure students dress appropriately for the weather





PARENTS AS CHAMPIONS FOR HEALTHY SCHOOLS

Acquire the tools needed to make a difference in your child's school! Join us for an inspiring 4-session virtual training where PAC trainers guide participants through the process of how school districts operate, brainstorm areas for improvement amongst your school community in regards to health and wellness, and discuss best practices to be an effective parent leader!

MARCH 9, 16, 23 & 30, 2022
6:00-8:00 PM
VIA ZOOM

Limited Seats | Free Training and Supplies

CLICK HERE TO REGISTER OR BY CONTACTING ASHLEY CAINE: ASHLEY@CENTERFORPREVENTION.ORG

\$125 Stipend
will be awarded to each parent that completes all 4 sessions of the training

\$1,000 Grant Opportunity
Each team will be given the opportunity to apply for a grant of up to \$1,000 to promote a healthy school climate.



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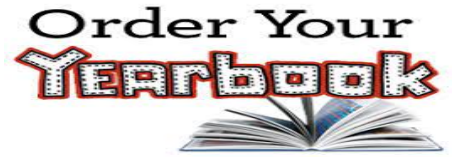
Free Training and Supplies

THE CENTER
 FOR PREVENTION &
 COUNSELING

TO REGISTER CONTACT
 ASHLEY CAINE:
ASHLEY@CENTERFORPREVENTION.ORG

SWPTO

All info is on our website
<https://www.swpto.org>



2021-22 YEARBOOKS

On Sale Now

[HTTPS://JOSTENSYEARBOOKS.COM/?REF=A09873801](https://jostensyearbooks.com/?REF=A09873801)

Yearbooks ordered for the 2021-22 school year will arrive in June!

***IMPORTANT* We will have pre-ordered books ONLY**

NO additional books will be available in June

***Early Bird special* for only 2 more weeks**, you can pre-order online The Lawrence & Wantage School Yearbook For only \$18!

Starting March 15 - April 13, yearbooks will be available to order online or in school with cash for \$20!

***IMPORTANT* APRIL 13th will be the LAST day to order a yearbook.**

The SWPTO is offering their Gertrude Hawk Chocolates fundraiser this year as a virtual online sale beginning now!

Please visit <https://fundraising.gertrudehawkchocolates.com/>

to add a seller or place an order using our Organization Code 119604. Orders can be placed through April 3. Thank you for your support!

Need help paying your energy bill?

Financial Assistance Programs Available

Programs exist to help with utility costs.

On October 1, 2021, Utility Assistance programs were expanded for a two-year period to better assist those impacted by the continuing pandemic.

Income guidelines for assistance programs have been increased to allow more households to be eligible. For example, a family of 4 can make up to \$106,000 and be eligible to receive assistance. In some cases, entire past due balances may be erased. Information on all available programs can be found on our website at www.elizabethtowngas.com/residential/energy-assistance

Customer Service: 1.800.242.5830
 (Monday - Friday 7a.m. - 8p.m.)

Parent Portal

Realttime Notification is the primary means of communication for school closings, emergencies and general notifications.

Please follow the directions below to log into the Realttime Parent Portal:

<http://fridayparentportal.com/sussexwantage>

You can also access the Parent Portal by logging into our District Website:

www.swregional.org

~Parents

~Realttime Parent Portal

~Enter the Portal Code, Username and Password

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